





Coleman Regional Community Center

384 Thompson Lane, Nashville, TN 37211 - 615-862-8445

Fitness Classes Aquatics Gymnasium (\$)- Paid Class	Monday Hours: 6:00am-8:30pm	Tuesday Hours: 6:00am-8:30pm	Wednesday Hours: 6:00am-8:30pm	Thursday Hours: 6:00am-8:30pm	Friday Hours: 6:00am-7:30pm	Saturday Hours: 8:00am-12:00pm
Summer 2017 Program Schedule 862-8445	6:00am-8:00am Adult Open Gym (Basketball)	6:00am-8:00am Adult Open Gym (Basketball)	6:00am-8:00am Adult Open Gym (Basketball)	6:00am-8:00am Adult Open Gym (Basketball)	6:00am-8:00am Adult Open Gym (Basketball)	8:00am-11:30am Family Open Gym
<u>Facility Coordinator</u> Randall Miller Jr.	6:30-7:15am Water Wake-up(\$) w/Will	6:30-7:30am Gentle Yoga w/Barbara	6:00am-7:00am Level 2 Vinyasa Yoga w/will	6:30-7:15am Water Wake-up(\$) w/Will	6:30-7:30am Gentle Yoga w/Barbara	8:00-9:00am Lap Swim/Water Walking
<u>Program Coordinator</u> Pam Caban	9:00am-4:00pm Summer Enrichment Program	9:00am-4:00pm Summer Enrichment Program	9:00am-4:00pm Summer Enrichment Program	9:00am-4:00pm Summer Enrichment Program	9:00am-4:00pm Summer Enrichment Program	9:00-10:00am Water Aerobics(\$) w/Dennis
<u>Recreation Leaders, Rec Attendants, & Lifeguards (*)</u> Cassie Deas*	9:30-10:15am F.I.R.E.(\$) w/Will	9:00am-10:00am Lap Swim/Water Walking	9:30-10:15am F.I.R.E.(\$) w/Will	9:00am-10:00am Lap Swim/Water Walking	9:30-10:15am F.I.R.E.(\$) w/Will	10:00-11:30am Open Swim
Leslie Martinez-Garcia	9:00am-10:00am Lap Swim/Water Walking	10:00-11:00am Senior Water Aerobics w/Dennis	9:00am-10:00am Lap Swim/Water Walking	10:00-11:00am Senior Water Aerobics w/Dennis	9:00am-10:00am Lap Swim/Water Walking	
Christy Lusk-Reed	Senior Swim 10:00am-11:00am	11:00-1:00pm Open Swim	Senior Swim 10:00am-11:00am	11:00-1:00pm Open Swim	Senior Swim 10:00am-11:00am	
Treyleanna Robinson	11:00am-12:00pm Group Swim	1:00-4:00pm Summer Enrichment Program Swim	11:00am-12:00pm Group Swim	1:00-4:00pm Summer Enrichment Program Swim	11:00am-1:00pm Open Swim	
Bethany Ball	1:00pm-4:00pm Summer Enrichment Program Swim	4:15-5:00pm Howard's Hope Lessons	1:00pm-4:00pm Summer Enrichment Program Swim	4:15-5:00pm Howard's Hope Lessons	1:00pm-4:00pm Summer Enrichment Program Swim	**During the Summer** Enrichment Program Time 9:00am-4:00pm the gymnasium and game room will be closed to everyone who is not enrolled in the program.
Lamar Brinkley	Open Swim 4:00pm-5:30pm	4:30pm-6:00pm Teen Open Gym Age14-17	Open Swim 4:00pm-5:30pm	4:30pm-6:00pm Teen Open Gym Age 14-17	4:30pm-6:00pm Teen Open Gym Age 14-17	
Dennis Morrow*	4:30pm-6:00pm Teen Open Gym Age 14-17	5:15-6:00pm Swim Lessons(\$) w/Dennis and Wally	4:30pm-6:00pm Teen Open Gym Age 14-17	5:15-6:00pm Swim Lessons(\$) w/Dennis and Wally	5:15-6:00pm Swim Lessons(\$) w/Dennis and Wally	
William Graham*	7:15-8:30pm Line Dancing w/3D and Nicki	6:00-7:00pm Water Aerobics(\$) w/Dennis	6:00-8:00pm Indoor Soccer http://www.meetup.com/Nashville-soccer/	6:00-7:00pm Water Aerobics(\$) w/Dennis		   @ "Coleman Park Community Center"
Luke Lewis*	7:00-8:00pm b.fab.funk(\$)	7:00-8:00pm b.fab.funk(\$)		Latin Dance 6:00pm-7:00pm		
Waldrian Coleman*				7:00-8:00pm b.fab.funk(\$)		
<u>Class Instructors</u> Coleman Staff William Graham b.fab.fitness 3D and Nicki Barbara Clinton						Membership Fees: <u>Daily Pass (Fitness Center)</u> Adult \$3.00 Daily Youth & Senior \$1.50 <u>10 Visit Pass (Fitness Center)</u> Adult \$20.00 Youth and Senior \$10.00 <u>30 Day Pass (Fitness Center)</u> Adult \$30.00 Youth and Senior \$20.00 <u>10 Pass Fit Card (Classes)</u> \$30.00

Coleman Park Regional Community Center Class Descriptions:

Aqua:

Senior Water Aerobics- a low impact class that focuses on cardio trainings. Ages 55 & up.

Water Aerobics- a high impact water exercise class that focuses on toning and cardio.

Water Wake-up- a full body workout designed to promote muscular strength and development by using the natural resistance of water

Dance Cardio:

b.fab.funk- b.fab's our own choreography of simple dance moves set to hip-hop, pop, Latin and even a little Bollywood. A high-energy, epic good time that will leave you with sweat and a smile. No experience is required, just a desire to move and have fun!

Line Dancing with 3D and Nicki- Line dancing, Chicago style!

Cardio and Strength:

F.I.R.E - FIRE stands for (F)-Flexion, (I)- Isometric, (R)- Resistance, (E)- Extension.

Yoga:

Gentle Yoga- Free yoga class (beginner to advanced)

Hatha Yoga- classes are based on classic and ancient practices with attention to breath and alignment. This class encourages relaxation, increased body awareness, development of flexibility and brings balance, strength, and calmness to the practioner.